

Shekinah Mala Biasala

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Principles of Health and Social Care Practice

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ASSESSMENT COMPONENT 1

Racheal Adebayo



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Introduction

National Health Service (NHS) is the UK's national healthcare system and it is funded by the public. It provides healthcare services to all the people of the UK irrespective of age, sexual orientation, gender, religion, belief and race. The NHS provides services to the citizens of the UK based on their healthcare needs instead of their paying ability. It was established in the year 1948 and is majorly funded by the taxes (Henderson, 2019). The health and social care provides various support to the people that includes informal support from family and friends, professional carer support from health professionals and voluntary support. The principles of support in health and social care are defined as the aspects that maintain the standards of the services. These principles include compassion, dignity and respect, support and wellbeing and responsive care. The principles enable the organisation providing health and social care to give importance to the individuals who needs care and support. These also include individuality, independence, confidentiality, privacy, respecting their choices and opinions and their rights (NHS, 2021). This report will be based on the case study of Mr. and Mrs. T whose age are more than 85 years old and have always been living independently by taking care of each other. Mr. T has various chronic conditions including progressive dementia and recently Mrs. T has undergone a hip operation that restricted her free movement. Thus they need support in their personal care, improvement of mobility, domestic chores and other activities to regain their independent living. In this report, the support available in the social and healthcare context for Mr and Mrs T would be evaluated and analysed focusing on the NHS. The report would also provide recommendations for the policy and practices in the future.

Discussion and Analysis

Principles of Support, Policies and practice in the NHS

The principle on which the NHS is founded binds the patients, communities, public and employees together. The principles of support, policies and practices of NHS mainly focus on improving the health and wellbeing of the citizens, supporting them to stay mentally as well as physically well, and helping them to recover and live their life to the fullest (GOV.UK, n.d.). The principles and values, policies and practices of NHS belongs to the people and ensures maintaining the rights of the individuals associated with NHS and commits the organisation to provide support and care to the people optimally. The NHS organisation consists of distinct departments and the policies enable them to carry out their respective practices within the pre-developed boundaries. The principles, policies and practices of NHS potentially ensure that the NICE standards and guidelines are maintained by the departments of the organisation and also represent the organisational belief. The responsibilities and practices of NHS are shaped and determined by the policies and principles of NHS (Allsop, 2018). The principles of NHS maintains the standards of the health and social care it provides to the service users and involves support and wellbeing, dignity and respect, compassion, being included and responsive care (NHS, 2021). The decision making process regarding the policies and practices of the NHS depends on these principles. The practices that are carried out by the departments of NHS involve cooperation among the employees. The general policies and practices of the organisation includes preparing for providing services to the patients, policies related to mortality and morbidity, managing and cancellation of appointments, taking informed consent of the patient and their families, implementing and following the guidelines of NICE and maintaining safety and privacy of patients (Lowson *et al.*, 2015). The clinical practices and policies of NHS includes audit and quality management of data, risk assessment, providing information to the patient and taking their consent, maintaining devices, managing transfer of patients and patient's discharge and so on. There are various employee related policies and practices such as maintaining staffs safety and dignity, ensuring their rights and providing them with proper training and resources (Kline, 2019).

Analysis and evaluation of the support available in NHS for meeting the needs of Mr and Mrs T

Mr T, a progressive dementia patient and Mrs T, who just have a hip operation and now is accompanied by a mobility frame, needs support of the occupational therapy department of NHS. This is because they need to be supported in carrying out of their daily life activities as well as in improving their health conditions so that they can again start living independently. The occupational therapy department of NHS provides support to the service users to help them to live their life in an independent manner (NHS, 2020). The department would thus help Mr and Mrs T by providing them with personal care, improving the mobility of Mrs T, supporting them in doing the domestic chores and other daily life activities. This support thus would help to improve the physical and mental health and enable them to understand their needs and provide them with essential equipments and support that would help them to get back to their normal lives and live independently. The support from occupational therapists not only involves physical support and care but also includes the other social activities. The therapists identify their potential strengths and weaknesses faced by the individual and provide them with necessary support and solutions to overcome the weaknesses or issues (James *et al.*, 2016). The support for the occupational therapy department of NHS helps the aged service users to regain the normal functioning of their lives and involves various techniques and equipments to improve their medical conditions and physical and mental health. The support helps the service users to learn new ways to carry out their activities and daily life tasks in a easier and normal way (NHS, n.d.). Thus this department of NHS would help Mr and Mrs T to improve their mental and physical conditions and restore their normal living where they can take care of each other and live independently without depending on any third person. It would help to improve the mental health condition of dementia in Mr T by providing proper support from healthcare professionals and also would help Mrs T to overcome the movement restrictions and recover efficiently.

Critique the principles of the support which are available in the NHS by analysing on the basis of health and the social care requirements of Mr & Mrs T

According to the given scenario of Mr and Mrs T it has been observed that both of them are more than 85 years old and Mr T has been suffering from progressive dementia, dementia is a mental health disorder which generally occurs when there is the decline in the functioning in the brain. Mr T is suffering from other chronic conditions also which means that this health

condition is at crucial stage. Due to their age both of them requires immense amount of care but they have been independent but recently Mr T had fallen down and he has also been hospitalised, he also had an hip operation and he had returned the home recently. After a certain period Mrs T realised that both of them at this particular point requires the help in order to carry out their regular activities. They can also take the help from NHS (National Health Service) because the occupational therapy unit of NHS can potentially provide help to them to in order to live in an independent way without any disruptions(Cresswell *et al* ., 2019). This occupational therapy also includes the personal care for the patients who need it, improvement of the mobility frame, and other daily life events which is required in order to live happily and as independent individuals in the society.

NHS which is also considered as the health care system present in the United Kingdom aims to helps the patients or the needy individuals for improving as well as normalise the functioning of their life both in physical and mental levels (Mayrhofer *et al* ., 2021). There are several department in the NHS organisation which aims to provide the healthcare and social care to the patients who are admitted in the health care organisation. The main focus of department of occupational therapy is to make sure that the effective support and help is provided to the patients (Mayrhofer *et al* ., 2021). It also focuses on identifying as well as addressing their requirements and by analysing the needs of the patients the staff members tends to plan the interventions which can provided to the patient . Dementia is referred as the progressive condition, which means that the situation can get worse over the time (Rybacka, 2020). The age and the general health are the main reasons for causing the brain damage which can also affect the pattern of the progression. In the case of Mr T who is suffering from progressive Dementia which indicates that the structure as well as the chemistry of brain damage increases over the time(Rybacka, 2020).. So, it is important get a 24 hour care for him because according to the symptoms of dementia he might forget the things easily such as his name or the address which can be quite risky for him. Hence, in order to keep the patient safe Mrs and Mr. T can obtain the support from the NHS which includes the regular visits for providing the care and the adaption to home.

Analysis of the relevant principles and legislations of support, policies as well as practice

The National Health Services (NHS) present in the UK has been considered as one of the largest healthcare systems all over the world. The main principles of NHS are respect, dignity and care

which means that the patients can be treated effectively with care and maintaining the safety of the patients (Fritz and Cox 2020). It is the belief of NHS that the experience of the patients as well as the outcomes is improved if the staff of the organisation are valued, supported effectively and empowered also. Policies and the procedures are extremely important in the health care sector because it helps in providing the framework in accordance to which the decisions can be made effectively for the betterment of the staff as well as the patients. It also helps in standardising the practice and to improve the service (England, 2017). The organisation NHS provide a wide range of support services to the patients and the practices of NHS are based on legislations such as

Health and Social Care Act

According to Health and Social Care Act the CCG (Clinical Commissioning Group) must implement the functions in order to reduce the inequalities among the patients in terms of legislation is helpful for reducing the inequalities(Morris *et al* ., 2020).

Mental Capacity Act

Mental capacity Act is used for helping as well as protecting the needy individuals who are suffering from chronic mental disorders for example Mr T has been suffering from progressive dementia as some of the people are not having appropriate mental capacity because of which they need 24 hour care of the care providers(nhs, 2021). This act is helpful for supporting the people who are not able to take the decisions appropriately.

Recommendation

The following are the recommendations for the NHS and its occupational therapy for better treatment of the patients suffering from Dementia through the person centred care are as follows:

- The Clinical Commissioning Groups (CCGs) and the members of the General practices should work in collaboration with the Local Healthcare bodies and the patients for hosting workshops with the patients suffering from dementia and carers for designing of better person centred care. This would help the NHS to directing the resources towards the intervention that is most important for the patients.
- NHS should ensure that the national frameworks that include the indicators reflects what is important for the treatment of the Dementia patients and encourage them for continued improvements in the care.

- The local hospitals providing healthcare services to the patients should produce action plans and strategies that are aimed at the improvements of the experiences reported by the different patients. These measures should be inserted in the annual quality accounts that are published by the NHS trusts.
- Usage of the Patient Reported Outcome Measures (PROMs) should be used by the NHS and the occupational therapy department of the organisation for the collection of the data regarding symptoms of the patients, quality of life they are leading and the concerns they are going through routinely from the start of the diagnosis. This would help the organisation and the therapists to exactly focus on the things that really matters for the patients.
- The Health and Wellbeing boards of the NHS should evaluate the risk of Dementia in old age people based on the demographics of the population. After this they should set strategies or make recommendations for ensuring high quality commissioning depending upon the priorities of the locality.
- The NHS, social care centres and public health services should be more accountable for the type of service they provide. This includes ensuring the type of services expected by the patients in order to meet their needs and get full satisfaction. This could be achieved by the NHS and its departments by the incorporation of performance measures of the quality of service being provided to the patients. The cost of the entire pathway of the treatment, measuring the transitions in the care, shared decision making, support for self-management and access to information regarding their health for the patients should be implemented.
- The healthcare organisation should reflect on the needs and requirements of the patients with various different conditions.
- The organisations like NHS should be rewarded for implementing such person centred care practices for encouraging them to better implement the practices.

Conclusion

From the above discussion it can be concluded that NHS (National Health Service) is providing several health care facilities such as health care as well as social care to the patients which is

required by the patients. Mr T as well as Mrs T is suffering to live independently due to the recent hip operation and also for their age. However, they can take help from the organisation NHS in order to live their life independently and safely.

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